

LISTING OF CLAIMS

1. (Previously Presented) A method of evaluating the power of a muscle group of a person, comprising:
 - initializing a resistance element to a first resistance level;
 - moving an engagement assembly coupled to the resistance element at a highest achievable velocity through an exercise stroke;
 - measuring a representative velocity at which the engagement assembly is moved through the exercise stroke and collecting data responsive to the representative velocity;
 - increasing the resistance level of the resistance element;
 - repeating the acts of moving, measuring and increasing until sufficient data are collected;
 - calculating power for each exercise stroke based on the resistance level for each exercise stroke and the representative velocity for each exercise stroke;
 - generating an output that represents at least the measured velocity and calculated power for a plurality of exercise strokes; and
 - determining a maximum power for the muscle group.
2. (Original) The method as defined in Claim 1, further including determining a velocity and a resistance level where the maximum power is produced.
3. (Original) The method as defined in Claim 1, wherein the resistance element is a pneumatic cylinder in which the engagement assembly causes a piston within the pneumatic cylinder to move against air pressure in the pneumatic cylinder.
4. (Original) The method as defined in Claim 1, wherein the engagement assembly is configured as a chest press, and wherein a first handgrip is provided for a left hand of a subject and a second handgrip is provided for a right hand of a subject, each handgrip being coupled to a respective resistance element, the act of measuring being performed independently for each handgrip to provide an independent power measurement for each arm of the subject.
5. (Original) The method as defined in Claim 1, wherein the time between the act of measuring selectively increases as the resistance level increases to enable the muscle group to rest between successive acts of moving the engagement assembly.

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6. (Previously Presented) The method as defined in Claim 3, wherein the velocity is determined by periodically measuring a position of the piston, and the velocity is calculated based on the distance moved during a known time interval.

7. (Original) The method as defined in Claim 1, wherein sufficient data are collected when the resistance level is sufficient to preclude moving the engagement assembly through a complete exercise stroke.

8. (Original) The method as defined in Claim 1, wherein sufficient data are collected when the resistance level is incremented to a predetermined level.

9. (Original) The method as defined in Claim 1, wherein sufficient data are collected when a predetermined number of exercise strokes are completed.

10. (Canceled).

11. (Canceled).

12. (Canceled).

13. (Previously Presented) The method as defined in Claim 1, wherein the step of repeating the acts of moving, measuring and increasing comprises increasing the resistance level to a maximum resistance, and wherein the step of calculating power involves calculating a power at the maximum resistance.

14. (Previously Presented) The method as defined in Claim 1 further including determining a maximum velocity at which the engagement assembly is moved during a plurality of exercise strokes.

15. (Previously Presented) The method as defined in Claim 1, wherein the resistance element provides a generally consistent resistance against movement of the engagement assembly throughout the exercise stroke.